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HOUSEKEEPING FOR TWO

By ANNA B. HAMMAN

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If the two who are doing light housekeeping are meat-lovers, there will necessarily be some deprivations. Roasts are usually out of the question, as we cannot afford many left-overs, with only two to eat them up. When the soul longs for a slice of juicy roast beef, the best thing to do is to go out to a good restaurant or get invited to dinner where the housekeeping is on a larger scale.

We are hearing on all sides that we eat too much meat, and certainly in the summer we can dispense with roasts and stews to a great extent and be none the less happy and healthy, but when the meat hunger comes upon you, try some lamb chops which, this time of year, should be young and tender.

Lamb Chops. Get small rib or loin chops, and see that the butcher gives them to you. He likes, when it is convenient, to cut rib chops from the shoulder and loin chops from the leg. Trim off any superfluous fat, wipe the chop with a cloth wrung out of cold water. The broiling burner of the gas range should be lighted at least five minutes before the chops are put in, so that they may begin to cook at once. Lay the chops on the broiler, directly under the flame, turn frequently until both sides are nicely browned, then place a little farther from the flame and cook a few minutes longer. Chops should cook in eight or ten minutes. When done, sprinkle with salt.

If you have no broiling apparatus, chops can be nicely broiled in a pan on top of the stove. Have the pan very hot before putting in the chops. Turn them often until nicely browned, then cook more slowly until done. Pour off the grease as it collects in the pan, so that the chops may broil, not fry. Carefully managed, these chops are nearly as good as those genuinely broiled. They can be cooked nicely in a chafing dish, removing, of course, the hot water pan.

Salmon Soufflé. One-half cup milk, one tablespoon butter, one tablespoon flour, one-quarter teaspoon salt, few grains of pepper, one tablespoon soft, stale bread crumbs, one-half cup canned salmon, one egg. Melt butter, add flour and cook together, without browning, three minutes; add milk and bring to boiling point, making a smooth, creamy mixture. Add seasonings, bread crumbs and fish, which has been finely flaked with a fork. Stir in the yolk of the egg, thoroughly beaten, then

cut and fold in the stiffly beaten white. Put in a buttered baking dish and bake thirty-five minutes in a slow oven. Any cold cooked fish or finely chopped cold meat may be substituted for the salmon. Chicken is especially good.

Cheese is one of our good meat substitutes, so far as nutriment goes, and when properly cooked it is digestible for most people in health. Like all proteid foods, it must be cooked at a low temperature. It must also be remembered that it is concentrated food and should not be eaten in excess nor after we have had plenty of other things to eat.

Cheese Fondue. One-half cup scalded milk, one-half cup soft, stale bread crumbs, two ounces mild cheese cut in small pieces, one-half tablespoon butter, one-quarter teaspoon salt, yolk of one egg, white of one egg. Mix the first five ingredients, add the yolk of the egg which has been beaten until lemon-colored, then cut and fold in the stiffly beaten white. Turn into a buttered baking dish and bake in a slow oven until firm, about twenty minutes.

In the absence of an oven, both the salmon soufflé and the cheese fondue may be cooked over hot water. In this case they should be covered until done.

String Beans. Be sure that the beans are fresh and young. No amount of cooking will make old, coarse, wilted bean pods palatable. Wash the beans, break off the ends, removing the strings with them. Cut or break the beans into half-inch pieces, put them into plenty of boiling water and cook until perfectly tender. It will take from an hour to an hour and a half. About ten minutes before they are done, add salt. Do not drain them, but let the water evaporate. Just before serving, add butter, one tablespoon to a quart of beans.

If you have some beans left, they will make a good salad, served with French, cooked, or mayonnaise dressing. A bit of onion or sweet red pepper may be added. Or the second serving may be with a white sauce, for which you will need one-half cup of milk or cream, one tablespoon each of butter and flour, one-quarter teaspoon of salt and a few grains of pepper. Combine, and cook the butter, flour and milk exactly as in the salmon soufflé, and add the salt and pepper. Stir in the beans and heat them carefully, so that they may not scorch.

Summer Squash. The squash should be so young and tender that the finger-nail will easily cut the rind. Wash the vegetable and cut it in half-inch slices. Put it in a sauce-pan over an asbestos plate, with just a few spoonfuls of water in the pan to keep the squash from sticking. Cover, and cook in its own juices until tender. Season with salt, pepper and butter.

Peaches and melons are coming in, and may well be substituted, while they last, for desserts. Muskmelons should be firm except for a small circle opposite the stem end, which should feel tender when pressed with the thumb. Have them moderately cold, if possible, when eaten. Cut them in two, remove the seeds and sprinkle with salt.

If peaches eaten out of hand do not appeal to you, pare them, cut in halves, sprinkle with powdered sugar and pour cream over them.

Don't worry in the summer mornings if you have no appetite for breakfast. Try some thin slices of bread and butter, a bit of fruit with a cup of coffee if you like, and leave the appetite to work up for the noonday meal. Be sure you really *taste* what you eat, and don't have too many kinds of things at once. We need variety from day to day, but we do not need many sorts of food in one meal.



THE HYGIENE OF MEDICAL CASES, PARTICULARLY IN HOSPITAL WARDS.—The *American Journal of the Medical Sciences* says of this important subject: Edsall believes that infection is communicated in hospital wards much more frequently than is usually suspected, and in medical more frequently than in surgical wards. The ordinary regulations are inadequate in two ways; (1) they consider only a few of the infections, (2) they cover only a portion of the means of conveyance. Isolation of cases is a very incomplete solution, for it can be applied to very few diseases. Infection of the food, and especially of the milk, when the milk is not pasteurized, is a matter requiring serious attention. The milk when received at the ward should be under the care of a particular nurse and protected from infection. The rest of the food within the ward must also be protected from infection. The nurses and doctors may transmit disease from one patient to another. The patient's mouth must be kept free from infection, hence it should frequently be swabbed out with cotton and a suitable solution. Ward utensils must be frequently boiled, and orderlies must be eliminated from the care of patients as much as possible. Both nurses and patients should be protected from infecting themselves or others.